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Welcome to the city of startups

ECONOMY

Vancouver ranks high for 'global reach' and diversity



Wanyee Li
Metro | Vancouver

Vancouver is among the most startup-friendly cities in the world and the best city for tech entrepreneurs in Canada, according to a new Genome Startup report.

Vancouver ranked 15th in the world for highest number of startups per capita according to the report, with Seattle coming in at 10th place and Toronto ranked 16th.

Vancouver scored about average on four out of five measures, including talent and startup experience, but came up big in the category "global reach," with 57 per cent of customers coming from out of the country.

It's a testament to the city's diverse population, said entrepreneur and immigrant Wyle Baoween.

"I think for us, we are really blessed to be in Vancouver. It's a great place to support our mission of gender and racial equality."

Baoween's startup, HRx, helps companies create a more diverse workforce by taking unconscious bias out of the hiring process. He says Vancouver, where half of residents' first language is not English, is the perfect place to start his business.



Vancouver ranked 15th in the world when it comes to having the most startups per capita, according to a new Genome Startup report. JONATHAN HAYWARD/THE CANADIAN PRESS

"Our target clients are organizations in Vancouver that are really progressive and they really care about gender and racial equity. They believe that diversity brings creativity to the workforce."

The head analyst at Vancouver's Economic Commission (VEC) agrees. His team worked with Genome Startup to gather data for the report.

"One of my favourite stats is we have more Americans in our city than any other place outside

of the States in the planet," said James Raymond, manager of research and analysis at VEC.

"We're the most American city outside of America. We are also the most Asian city outside of Asia."

In fact, 30 per cent of Vancouver's entrepreneurs are immigrants, compared to the global average of 19 per cent and Seattle's 23 per cent. One famous example is Vancouverite Shahrzad Rafati, an Iranian immigrant who founded Broadband.tv, the

third-largest video-streaming site in the world after Facebook and Google.

Other notable local startups include Plenty of Fish, which sold for \$557 million, and Bitstew, which sold for \$157 million.

Despite those big names, Raymond said, he was still "pleasantly surprised" Vancouver ranked so close to big hubs like Singapore and Paris.

"We're still quite small compared to the other ecosystems ... the competition for this is so

intense. Every global city wants to be on this list."

But while Vancouver may be making a name for itself as startup central, it is also known for its unaffordable housing prices. Raymond says that is one of the downsides of becoming a tech hub; look at the other cities on the Genome Startup list, he said.

"Looking at the cities, New York, London, San Francisco — nearly all of those cities I see there have affordable-housing challenges."

Coming in at fifth best for quality of life



Jeff Hodson
Metro | Vancouver

Vancouver is the fifth best city in the world for quality of life.

For the seventh year in a row, the West Coast city has placed in the top 10 of Mercer's annual quality-of-living ranking and is the top city in North America.

Overall, Vienna ranked first and Zurich second. Auckland (which came third) and Vancouver were the only non-European cities in the top 10.

The annual ranking of 231 world cities is conducted to enable multinational companies to compensate employees fairly when placing them on international assignments, said Mercer in a press release Tuesday.

Baghdad (231) ranked as the worst quality of life of cities surveyed, below Bangui (230) in the Central African Republic and Sana'a (229) in Yemen.

Canadian cities did well in the list, with Toronto ranked 16th, Ottawa 18th, Montreal 23rd and Calgary 33rd. San Francisco was the top U.S. city at 29th.

This year's survey also included a ranking of civic infrastructure. Again, Vancouver was top in North America, tying for ninth with Hamburg and Zurich.

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John Yap, second from left, B.C.'s parliamentary secretary for liquor policy reform, makes a liquor law announcement in December 2016, with representatives of the hospitality industry in Vancouver, and Coralee Oakes, third from right, B.C.'s small business minister. Unions are alleging that restaurants received favourable influence on minimum wages, liquor rules and labour laws through political donations. GOVERNMENT/FICKR

Restaurants serve \$1M in donations

POLITICS

Unions allege hospitality sector buying influence



David P. Ball
Metro | Vancouver

As scandal continues to brew over British Columbia's lax rules on cash-for-access political donations — which a government watchdog told Metro amounts to a “system of legalized bribery” — the lucrative restaurant and hospitality industry's gifts are under scrutiny.

The sector has donated at least \$1 million to the BC Liberals, according to Unifor, one of several unions representing hospitality workers in B.C.

That includes massive donations from the province's largest restaurant chains since 2005: The Keg and its listed directors with Elections BC gave nearly \$350,000; Joey and Earls restaurants nearly \$355,000; and the Cactus Club donated nearly \$257,000. McDonald's gave the party nearly \$17,500, White Spot nearly \$12,500.

Meanwhile, the lobby association B.C. Restaurant & Food Services Association and its national counterpart donated nearly \$15,000 to the BC Liberals over that period.

“Political donations turn into influence, there's no doubt about it,” argued Stu Shields, a B.C.-based national representative with Unifor. “The rich people get to buy their influence by making political donations. Their parties, when they

get elected, reciprocate with employment and labour laws that put the screws to the workers and benefit the employers.”

Shields pointed to the slow pace at which the province has raised its minimum wage, and only by \$0.40 last year to \$10.85 an hour, except \$9.60 for liquor servers. Likewise, the government's liquor law reforms have been praised by the hospitality sector.

For its own part, Unifor and its locals have donated nearly \$150,000 to the New Democrats — and none to the BC Liberals — since the union was formed in 2013.

Several unions and their B.C. Federation of Labour have officially called for banning union

mier Christy Clark gave a speech at the B.C.-funded Tech Summit.

But Clark did not make herself available to the media, and avoided the main exits of the building (her office in neighbouring Canada Place can be accessed by underground tunnel).

The previous afternoon, in the Legislature, B.C. New Democrat Leader John Horgan questioned Clark on the issue, only to be repeatedly rebuffed by the BC Liberals' speaker, Linda Reid.

“My question to the Premier of B.C. is: what will it take for you to get big money out of the politics here in B.C.?” Horgan asked, only to be told questions aren't allowed to be directed at individuals, but through the Speaker.

“The rich people get to buy their influence by making political donations. Stu Shields

and corporate donations, which the labour movement has argued are a necessary evil unless both are outlawed.

B.C. government lays low as scandal grows

As the province's lax rules surrounding political donations — letting corporations, unions and even non-Canadians give unlimited millions — continue to cause outcry over cash-for-access to politicians, and an RCMP criminal investigation, the government kept largely quiet on the issue Tuesday a day after announcing a post-election “independent panel” to examine the issue.

Tuesday began with reporters and television cameras waiting at the doors of the Vancouver Convention Centre, where Pre-

When Horgan rephrased his question, however, Reid interjected: “Members will be aware that the Chair has ruled that questions can only be asked of ministerial responsibility. Next question.”

That continued with Reid rejecting Horgan's queries four times with, “New question.”

But Premier Clark eventually responded, blasting Horgan's own cash-for-access fundraisers, citing an NDP invitation to “discuss the exciting upcoming provincial election. This is your best opportunity to hear from John,” she said.

“It's also my understanding that this letter was followed up by a phone call, inviting people to come to a pre-reception that would only cost them \$10,000 ... He still has a price.”

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Home sweet humpback

MARINE SCIENCE

Landmark study makes whale of a discovery



David P. Ball
Metro | Vancouver

The iconic humpback whale has been the subject of thousands of scientific papers.

But it took nearly a decade for researchers in B.C. to discover something completely unexpected about the cetaceans' seasonal movements up and down the province's coast.

In large numbers as they migrate, humpbacks repeatedly return to certain habitats in what the researchers compared to a previously undetected "wave" pattern, according to the newly published study in the marine science journal *Marine Ecology Progress Series*.

And it turns out that humpbacks may be picking their fa-



Humpback whales in B.C.'s Douglas Channel, where they were observed for thousands of hours thanks to a landmark partnership study between Gitga'at Nation and three research institutes in Canada and the U.S. CONTRIBUTED/NORTH COAST CETACEAN SOCIETY/FORWHALES.ORG

vourite coastal fjords not just based on food supply, but also how well their singing sounds and how good they are for socializing, according to their thousands of hours of observations.

The phenomenon, said the study's lead author Eric Keen, "likely results from humpback familiarizing themselves with this critical habitat over many

years and developing specific behaviors," he said in a statement, "coordinated to the specific oceanography of this fjord system, that enable them to make the greatest use of its resources."

Keen, a PhD candidate with the University of California's Scripps Institution of Oceanography, partnered with Gitga'at Nation to observe humpback

over a decade.

"The whale wave is being driven by needs other than food," explained a press release announcing the study's publication, "potentially including physical and social habitat needs such as bathymetry and acoustic properties of the fjords for communication and singing, and companionship for the purpose of traveling

within a group or mating."

Whale researcher Janie Wray, with the North Coast Cetacean Society, said the behaviour may allow much higher densities of humpbacks in the "relatively undisturbed coastal habitats of the northeast Pacific than would otherwise be possible."

The study is part of a growing body of research closely involv-

ing Indigenous peoples, enabling observations over many years, tapping into traditional knowledge of local ecosystems, while building First Nations skills.

"This study shows just how intricate the relationship between humpback whales and their habitat is, and it raises important questions about their conservation," said Gitga'at Chief Coun. Arnold Clifton. "In light of the industrial pressures facing our territory, our Nation's reliance on the sea and the sensitivity and complexity of the area's ecology, our leadership's commitment to conservation and long-term local monitoring by our Gitga'at Guardians has never been more important or stronger."

The findings came thanks to a long-term partnership between the First Nation and the North Coast Cetacean Society, the Scripps Institution, and the Southwest Fisheries Science Centre of the highly-respected National Oceanic and Atmospheric Administration.

One of the researchers' biggest questions is what happens if ecosystems are disturbed by increased activity on B.C.'s coast.

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Metro | Vancouver

British Columbia's buoyant economy has been a strong selling point for the jobs-focused BC Liberals, especially as the province heads into an election on May 9.

But according to a new report, B.C.'s economy is now the worst-performing for young people — and economic conditions have declined most rapidly on the BC Liberals' watch.

"Most of the information people get about the economy is coming from commercials that are provided by the government of B.C.," said Paul Kershaw.

The University of British Columbia professor is the founder of Generation Squeeze, a national advocacy group for Canadians in their 20s, 30s and 40s.

"Those commercials only give a partial sense of what's going on in the economy because they tell one stat: that we have the best growth rates in the country."

A different picture emerged for Kershaw when he and his team included earnings, housing price growth and personal debt levels in their analysis. Kershaw emphasized that Generation Squeeze is not endorsing any political party.

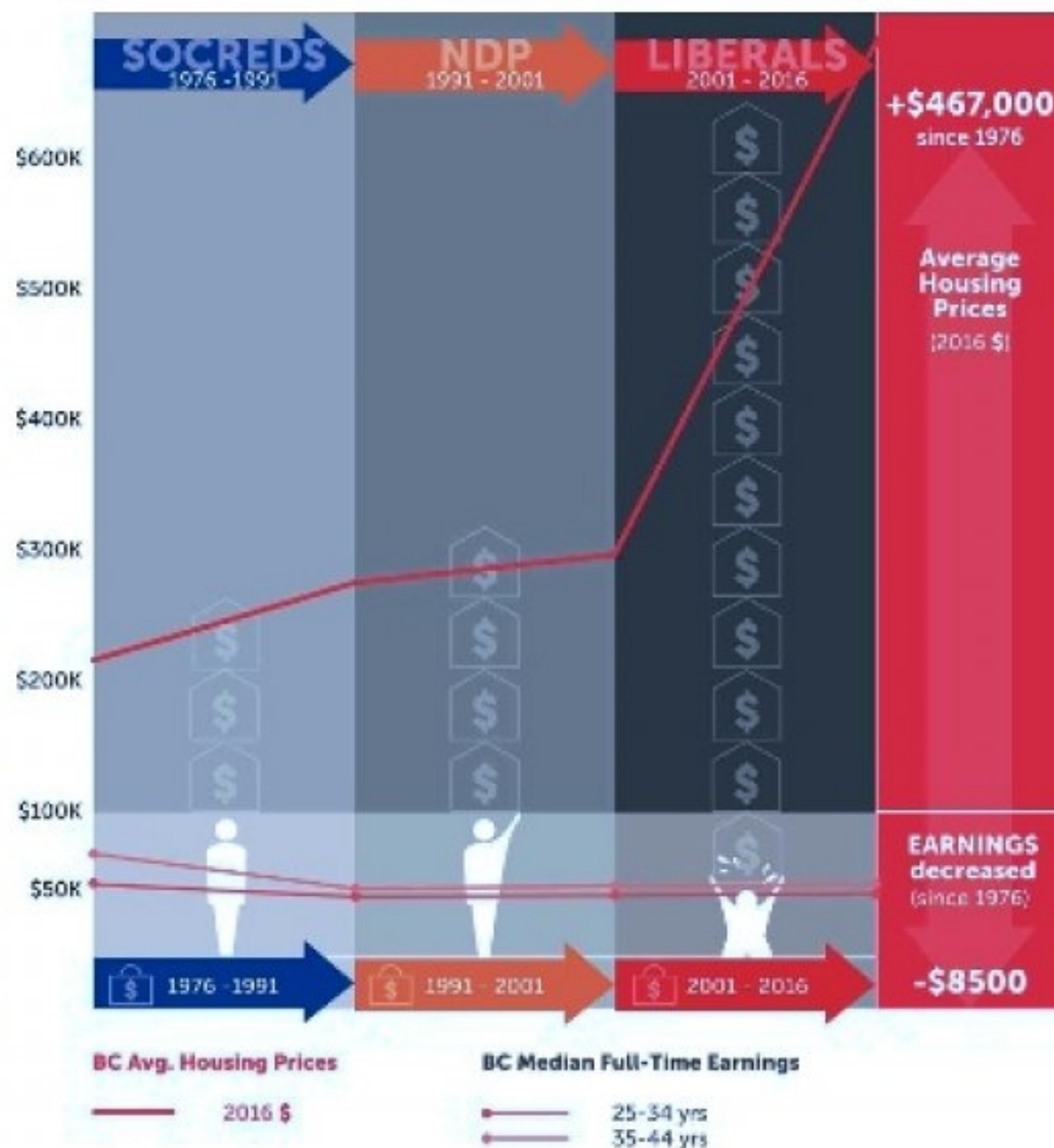
"B.C. out of all the provinces reports the biggest hit to full-time earnings, for all age groups, compared to four decades ago. It's especially bad for younger generations, who earn \$8,000 to \$10,000 less," Kershaw said.

"Even just on Christy Clark's watch, young adults with full-time jobs are earning \$1,200 less per year pre-tax than before the premier took office."

In B.C., especially, ballooning real-estate prices have impacted the financial prospects of the province's 25-44-year-olds.

"No other province has lost control over home prices in the same way that B.C. has," Kershaw observed, while acknowledging that the B.C. government did eventually introduce a foreign buyer tax in Metro Vancouver in an attempt to slow an overheated real-estate market.

Ontario, which has also had strong economic growth and



A graphic by Generation Squeeze shows the widening gap in B.C. between earnings and house prices between 1976 and 2016. COURTESY GENERATION SQUEEZE

Paul Kershaw
JENNIFER GAUTHIER/METRO

sharply rising real-estate prices, performed second-worst in the Generation Squeeze analysis.

While the current B.C. government has managed to keep public debt under control, Kershaw said his analysis shows personal debt of younger generations has skyrocketed since 2001, when the BC Liberals took power. The Liberals have performed better in reducing public debt compared to the rising public debt levels of the '90s-era

NDP government.

But Kershaw said the steep rise in personal debt after the Liberals took power amounts to a government off-loading debt to residents.

"The provincial Liberals maintained that economic debt-to-GDP ratio partly because they let post-secondary (tuition) in B.C. increase faster than anywhere else in the country. They've allowed childcare to spike, and rents have been tracking to some degree the escalation in home prices."

The analysis shows it's gotten tougher not just for young-

er people in Metro Vancouver, where housing prices are highest, but in towns like Prince George and Kamloops as well.

For instance, in Prince George it now takes seven years to save for an average home down payment; between 1976-1980 it took four years. In Kamloops, that saving time has increased to nine years compared to four years; in Kelowna, it now takes 12 years to save for a down payment compared to four years.

As the election nears, Generation Squeeze plans to evaluate the B.C. political parties' platforms.

Most of the information people get about the economy is coming from commercials provided by the government of B.C.

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Codeine called 'gateway drug'

OPIOID CRISIS

Pharmacists ask feds to pull medication for fentanyl fears

A group of B.C. and Alberta pharmacists are petitioning the federal government to put codeine products out of the reach of addicts as part of their campaign to address the growing fentanyl crisis.

People can buy the opioid and painkiller, codeine, without a prescription at pharmacies but only when it is mixed with other substances. This commonly comes in the form of Tylenol 1s, where a small amount of codeine is mixed with acetaminophen.

But people who abuse the drug can suffer acute liver damage and develop an addiction that can lead to the consumption of harder opioids. With the fentanyl crisis showing no signs of slowing down, health authorities need to take codeine off pharmacy shelves earlier rather than later, say some health-care professionals.

"Codeine can be a gateway



Tylenol 1s have codeine in them and are available without a prescription. TORSTAR NEWS SERVICE

drug toward fentanyl," said Brett Sunku, a B.C. pharmacist with the group Canadian Healthcare Professionals for Evidence based Drug Policy (CHPEDP).

"It seems like a smaller anthill compared to the mountain that is fentanyl, but what codeine can be is a starting point for someone who starts going down the road to fentanyl."

Metro spoke to one opioid drug therapy patient who said

“It seems like a smaller anthill compared to the mountain that is fentanyl, but codeine can be a starting point. Brett Sunku

her addiction started more than 20 years ago with Tylenol 3s and resulted in her losing her job and children.

When asked whether limiting access to codeine would push addicts to harder drugs, Sunku

countered by saying addiction is a mental-health illness that pharmacists are not equipped to address.

He says people need better access to harm-reduction strategies but that providing people with

Tylenol 1s is not harm reduction — many people develop liver disease as a result of taking Tylenol 1s to satisfy their addiction.

The federal Minister of Health, Jane Philpott, was not available for an interview but a spokesperson said staff are working on a series of fentanyl-related initiatives including reducing easy access to opioids.

In a November 2016 statement, Health Canada commit-

ONLINE

The petition to make codeine products prescription only can be found online and is sponsored by NDP MP for Vancouver-East, Jenny Kwan.

ted to changing regulations to make low-dose codeine products — such as Tylenol 1s — prescription only. The ministry spokesperson was not able to comment on when such changes would be implemented.

But at least one provincial regulatory body says it would be on board with the change.

"Our goal is that all codeine containing drugs require a prescription," said the Alberta College of Pharmacists in a statement of support to CHPEDP.

Its B.C. counterpart was more hesitant to declare support but told Metro it is aware of research recommending such a move.

"It probably is a good idea, but we don't have an official position," said Bob Nakagawa, head registrar at the College of Pharmacists of BC.

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Orcas swim near Victoria. A population off the southern B.C. coast is considered endangered.
THE CANADIAN PRESS

Fed orca recovery plan deemed weak

The federal government has released a recovery plan for an endangered population of killer whales likely to be in the path of increased oil tanker traffic off British Columbia's southern coast.

But environmental groups say the plan doesn't have enough concrete measures to bring orca numbers in the southern Georgia Strait back to healthy levels.

"There needs to be a real sense of urgency," said David Miller, head of the World Wildlife Fund Canada. "Just because we need more science doesn't mean we shouldn't act."

Late last week, Ottawa released an action plan for the recovery of two killer whale populations — one living in the central Georgia Strait and further north and the other inhabiting the southern part of the strait and south into American waters.

The northern population is considered threatened, but has been slowly increasing in recent years. The southern one, however, is not — its numbers are down to 71. It has been considered endangered — Canada's highest risk classification — since 2003.

Several of its prime breeding

males mysteriously died last year. "That is worrisome," said John Ford, head of marine mammal research for the Department of Fisheries and Oceans.

Ford said the whales face several threats.

Stocks of Chinook salmon, the whales' favourite food, have been declining. Industrial contaminants in the whales' bodies have been increasing and shipping traffic is noisy, disrupting the echolocation the whales need for social contact and hunting.

"All these different factors probably work synergistically," Ford said. THE CANADIAN PRESS



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CRIME

Police call for info in stabbings, break-ins

Ashley Singh
For Metro | Vancouver

Police were called to a home on Ferndale Street near Lakewood Drive around 1:30 a.m. Tuesday after receiving reports of an occupant being stabbed.

When police arrived, they found a 27-year-old man with stab wounds. He was taken to the hospital and is now re-

covering in his home. Shortly afterward, police used a dog to track down a 19-year-old man who was still in the area. Police said the suspect is new to Vancouver and doesn't have a significant criminal history.

According to Sgt. Randy Fincham, there were also

multiple reports of cars being broken into around the same time, and police are still investigating if both incidents are related.

"We believe there was a person breaking into cars in the East Hastings area and we're hoping if somebody did have their car broken into last night, and

if they did see somebody out of the ordinary last night, around their car, around their home at 1 a.m. in the area of Nanaimo and East Hastings, we appreciate them giving us a phone call," said Fincham.

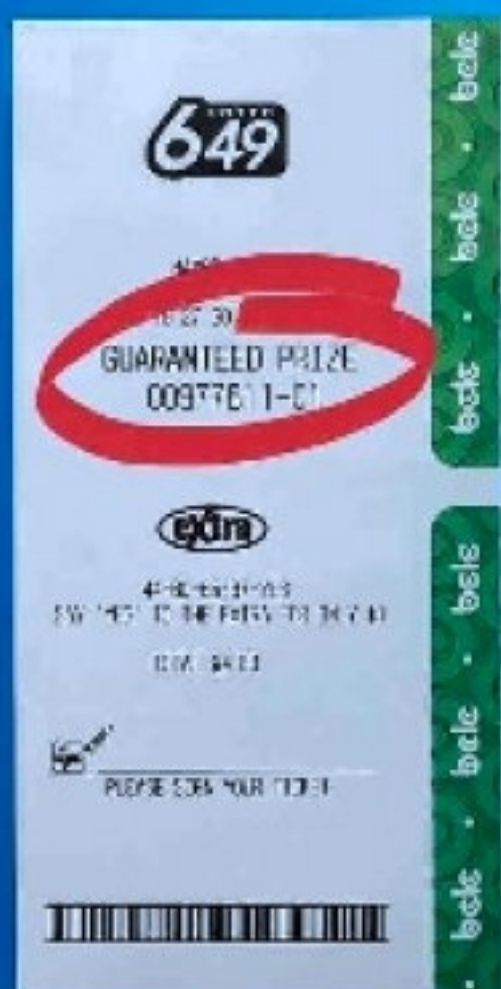
Police believe the attack was targeted, but are still investigating a motivation. At this point they don't believe the suspect has any relationship to the victim or other occupants of the home.

"We believe there was a person breaking into cars."

Sgt. Randy Fincham



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A Pacific great blue heron sits on a nest in Stanley Park.
COURTESY MICHAEL SCHMIDT/STANLEY PARK ECOLOGY SOCIETY

Holding out for a heron

WILDLIFE

Feathered friends return to Stanley Park

Jen St. Denis
Metro | Vancouver

It's official: the herons of Stanley Park are back.

For the past 17 years, between 80 and 100 pairs of Pacific blue herons have returned to a spot on the edge of the park near Beach Avenue and the tennis courts.

"This time of year it's super exciting for us because we don't know if they're going to come back," said Greg Hart, urban wildlife programs co-ordinator with the Stanley Park Ecology Society. Hart spoke to Metro on March 3, a day after the male herons had first been spotted returning to the nesting sites in the grove of trees they've been returning to since 2001.

The society has now observed

the herons "staying put" at the nesting site, but it's taken three weeks longer than last year for the birds to settle down for good.

Heron have been observed living in Stanley Park for nearly 100 years. Prior to the Beach Avenue spot, they made nests further inside the park at Brockton Point. Their current nesting site is unusual because it's so near streets and apartment buildings.

"They picked this area back in 2001 despite being near the tennis courts and cars that drive by and the West End," Hart said.

"It's cool that they are tolerant of people and that's what makes it so exciting: they are accessible and they're unique in that regard."

Pacific blue herons are a species at risk because of threats to their habitat. Half of the population live in Canada, and most of those birds make their home in the Lower Mainland.

"They are wildlife," Hart said. "So treat them with respect and let them find their own food and give them the space they need."

IN BRIEF

Man killed in Downtown Eastside stabbing

Vancouver police were investigating an overnight homicide Tuesday in the Downtown Eastside.

Police were called to East Hastings Street between Main and Columbia around 3:30 a.m. and found a man suffering from a serious stab

wound. Paramedics took him to hospital, where he died.

Police said the incident may have been the result of a scuffle and doesn't seem to be related to any past homicides.

Police are asking any witnesses to call if they have any information.

ASHLEY SINGH/FOR METRO



Railtown Café's of an overflowing drink with foam oozing down the glass was meant to be artsy, but drew ire from around the globe. COURTESY RAILTOWN CAFÉ PHOTO

Irish make their pint

ALCOHOL

'Artsy' Guinness picture by local restaurant is mocked online

A Vancouver restaurant provoked the ire of the Irish after sharing a photo of a poorly poured pint of Guinness to promote their St. Patrick's Day party. Railtown Café's photo of an overflowing drink with foam oozing down the glass was meant to be artsy, said owner Dan Olson.

But it "was a little too artsy and it really struck a chord with some of our Irish clientele out there," admitted Olson, who woke up Tuesday morning to a barrage of emails and comments on the restaurant's social media profiles.

What they thought was an inoffensive photo had quickly caught the attention of Guinness connoisseurs from as far away as Ireland, the home of the beloved brew.

The faux pas was picked up by Irish news outlets like the Irish Independent, Joe and the Daily Edge, which expressed bitter disappointment over the pour. One story called it "sacriligious" while another said, "No, just no..."

Online commenters were also perturbed, with one Twitter user

calling it "an abomination." The backlash was "pretty negative" said Olson.

"People took it quite serious. They felt like we were digging at their heritage basically, so anyway, that's one thing we've learned so far: don't mess with a person and their Guinness."

For the uninitiated, there's an art to pouring a Guinness.

"It takes 119.5 seconds, just about two minutes and it's a double pour cascade," said Patrick McMurray, owner of Ceili Cottage, an east-end Toronto Irish pub.

McMurray called Railtown's pour "the worst thing ever," and said it had been poured once, likely to the top, rather than in two parts as it should have been.

“It takes 119.5 seconds, just about two minutes and it's a double pour cascade.”

Bar owner Patrick McMurray

Though the flavour wouldn't have been too compromised by the pour, said McMurray, a Guinness in that state is unacceptable.

"It's really the art and the experience of the whole thing. If it's not properly poured it's not presented to you properly, eyes eat first, so your eyes are going to be jealous of what your tongue is tasting."

Olson says he's learned his lesson. The incriminating photo was removed from the restaurant's social media accounts and has been replaced with a new, improved one and an apology for the earlier flub.

TORONTO STAR NEW SERVICE

TECHNOLOGY

Clark wants B.C. to lead augmented reality field

As governments around the world put up barriers to increased trade and immigration, British Columbia has an opportunity to grow its burgeoning technology sector by opening its doors to skilled newcomers, Premier Christy Clark says.

"While other countries are looking in, let's be a country and a province that is looking out ... that is building bridges to the world, that is welcoming people in, the best and

the brightest from every corner around the globe," Clark said Tuesday in a keynote address to 5,000 delegates at the second annual #BCTECH Summit.

"That's how we will be different," Clark used her speech to announce the government's plans to expand a tax credit aimed at helping companies in the entertainment sector that specialize in augmented reality.

Last month's provincial

budget expanded the digital media tax credit program to include augmented reality companies working in entertainment. The program is forecast to cost \$1 million in foregone revenue in the 2018-19 fiscal year.

Tuesday's announcement would see the credit apply beyond companies that create products designed to educate, inform and entertain, and encompass all applications of the technology.

The budget defines augmented reality as any product that enhances a user's perception of reality by superimposing digital information on their field of vision.

Bill Tam, head of the B.C. Technology Industry Association, described augmented reality as a budding field and said it's important that the province make the necessary investments to get ahead of the pack early.

THE CANADIAN PRESS

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Small comforts of former home

ASYLUM SEEKERS

Somali men share their journey amid game of Ladu



Jessica Botelho-Urbanski
For Metro | Winnipeg

For refugee claimants arriving in Winnipeg, a board game made out of a bed sheet brings comfort while they stay at a homeless shelter.

Elmi, 35, and Sharmarke, 29, fled Somalia separately and met while on route to Emerson, Man. on March 1.

The Manitoba border town has seen more than 200 asylum seekers arrive since Jan. 1, according to data provided by the RCMP last week.

Elmi and Sharmarke are now staying temporarily at the Salvation Army Booth Centre, where as many as 90 refugee claimants have stayed per night since mid-February. That's the maximum number the Salvation Army can handle space-wise, said spokesman Sgt. Rob Kerr. Those staying at the homeless shelter have sketched a game called Ladu onto a bed sheet in pen.

The sheet is strewn across the dining room table in the second-floor common area.

The object of the game, they explain, is to move all your tokens around the board and find safety at the centre. You roll the dice (in this case, inside a plastic water bottle lid à la Yahtzee) and then move the allotted number of spaces while trying to evade



Elmi and Sharmarke met while walking to Emerson, Man. and are now staying at the Winnipeg Salvation Army as they await their refugee board hearings. JESSICA BOTELHO-URBANSKI/FOR METRO

your opponents.

"If we stayed in the United States, we don't have visas for the United States because of the new President Trump. That is why I run — because Donald Trump will do deportation," said Sharmarke during a Ladu game Friday. Asked if they spent much time in the U.S. before heading north, Elmi said he spent a "long time" in a detention centre in Nebraska. "Five hundred days," he repeated thrice for emphasis.

Not wanting to get detained, Sharmarke said he fled Minneapolis, Minn. after four months.

Now the former tomato and corn farmers want to move to Toronto, where Canada's Somali population is most concentrated.

Still, they have many questions about their new homeland: What's the name of the river?

+ ACTION

The Immigration and Refugee Board is doing its best to cope with a growing number of asylum claims in Canada, but the federal Liberals must take action as well, the head of the IRB says.

How long is it? Where's the hottest place in Canada? As for this latter question, they would like to move there because they hate Winnipeg's snow.

Elmi wins the 40-minute round of Ladu, while a half-dozen refugee claimants sit in the living room. They're watching Public Safety Minister Ralph Goodale talk about their border crossings on TV.

HUMAN RIGHTS

Islamophobia rising nationwide



Ryan Tumilty
Metro | Ottawa

From a man shouting at Muslims on a OC Transpo bus, to a deliberate fire at a Toronto mosque, to the shooting death of six men at evening prayers in Quebec City, the National Council of Canadian Muslims is tracking a worrying upward trend in hate incidents.

The council, which has been tracking Islamophobic incidents across the country for five years, has recorded 20 in 2017 so far.

"Last year around this time we had 10 incidents of Muslim hate," said Sehrish Amjad, a human-rights officer with the NCCM.

20 The National Council of Canadian Muslims has received 20 reports of Islamophobic incidents so far in 2017. Over the same period last year, the number was 10.

In total, the NCCM recorded 65 incidents in 2016 up from 59 in 2015. In all of 2014, they recorded 23 incidents and in 2013 they recorded just 12.

Amjad said some of the rise could be due to more reporting, but they believe U.S. President Donald Trump's divisive rhetoric is also fuelling the increase. "It's hard to say for sure ... but

we know hate crimes are still one of the most under-reported types of crimes."

She said the incidents the NCCM tracks are reported to them, but are also confirmed with police or media reports.

"It shows that Islamophobia is an issue in our society and it needs to be condemned and it needs to be studied."



Scott Pruitt is sworn in as the EPA Administrator in Washington on Feb. 17, 2017. THE ASSOCIATED PRESS

Trump to alter climate policy

ENVIRONMENT

Advocates fear assault on green laws and regulations

President Donald Trump is moving to roll back another one of his predecessor's strict environmental policies, setting up a possible dilemma for Prime Minister Justin Trudeau and again demonstrating his intention to free big companies from regulations on pollution and climate change.

The early words and deeds from Trump and his Environmental Protection Agency chief have provoked deep alarm among environmental advocates, who fear an unprecedented and world-damaging assault on green laws and rules. Tuesday validated their fears, and the week might get worse for them yet.

Trump's plan to abandon a Barack Obama commitment on car standards was announced by a White House official in the evening. Seven hours earlier, the

Axios news website reported that the administration was discussing EPA cuts even deeper than the 25-per-cent cut it has already floated. In between, Bloomberg reported that Trump is planning to sign a "sweeping directive" that would not only begin the process of lifting Obama's restrictions on coal leasing and emissions from power plants but also "dramatically shrink the role climate change plays in decisions across the government."

"In terms of our overall environmental program, both domestically and globally, I don't think there is any threat that has occurred since the creation of the Environmental Protection Agency which is so severe. I think this is perhaps the singular most important crisis so far in the 50-year-or-so history," said Walter Rosenbaum, a Florida environmental scholar who served as a special assistant at the EPA in the early 1990s.

The White House official said Trump on Wednesday will announce in Detroit that he is abandoning a decision Obama's administration made in its waning

days to require automakers to meet a stringent fuel-economy standard by 2025.

Automakers had lobbied Trump to take another look at the 54.5-miles-per-gallon standard, which was introduced in 2012 but not immediately finalized. Trump's EPA will now take a year to study whether the standard still makes sense, as the Obama administration originally said it would do.

The decision doesn't necessarily mean dirtier cars. The official said Trump has not yet decided to lower the standard. Even if he eventually does, automakers would "probably" still choose to make vehicles that met the stricter standard set by big-market California, said Rebecca Lindland, executive analyst for Kelley Blue Book.

Trump's EPA chief, Scott Pruitt, caused an uproar when he said he did not believe carbon emissions are the main driver of global warming, though they are. And a draft Trump budget would slash U.S. funding for Great Lakes restoration from \$300 million to \$10 million. TORSTAR NEWS SERVICE

LEAK

President's tax returns from 2005 released

The White House said Tuesday that President Donald Trump made more than \$150 million in income in 2005 and paid \$38 million in income taxes that year.

The acknowledgement came as MSNBC host Rachel Maddow said she has obtained part of Trump's 2005 tax forms, and prepared to discuss the document on her show.

The records have become highly sought-after because Trump refused to release his returns during the campaign. He claimed he was under audit and said his attorneys had advised against it.

The White House pushed back pre-emptively Tuesday night. "You know you are desperate for ratings when you are willing

to violate the law to push a story about two pages of tax returns from over a decade ago," the White House said.

The unauthorized release of federal tax returns is a criminal offence. But Maddow argued that MSNBC was exercising its First Amendment right to publish information in the public interest.

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Idlib school bombing a war crime: Report

SYRIA

Government's bombing was deliberate: UN

A UN investigative commission said Tuesday it believes government forces deliberately bombed a school complex in Syria's northern countryside in October, killing 21 children, in a scathing report on crimes committed over the last seven months of the war.

The UN's Independent International Commission of Inquiry on Syria said government forces and their allies had shown a "complete disregard for civilian life and international law" through continued use of cluster munitions, incendiary weapons and chlorine gas.

It also fingered an al-Qaida-aligned insurgent group fighting on the side of Syria's rebels and a U.S.-backed Kurdish group for conscripting adolescents.

The commission said the Oct. 26 attack on the Haas village school complex in the rebel-held province of Idlib constituted a



A Syrian girl stands in front of her damaged school, in Idlib, north Syria. UNICEF VIA THE ASSOCIATED PRESS

war crime. It said the Syrian air force is the only one known to operate the jets identified.

The findings came the same day that a Physicians for Human Rights report accused the Syrian government of wilfully denying international shipments of food and medicine to millions of Syrians in besieged areas.

THE ASSOCIATED PRESS

GLOBAL DIGEST

Fight against online hate
Germany's justice minister is proposing fines of up to 50 million euros (\$53 million) for social networking sites that fail to swiftly remove illegal content, such as hate speech or defamatory "fake news."

The plan marks a further step in Germany's attempt to impose its domestic laws against incitement on the world of online chatter. THE ASSOCIATED PRESS

Anti-headscarf ruling facing criticism

Private businesses in Europe can forbid Muslim women in their employ from wearing headscarves if the ban is part of a policy of neutrality within the company and not a sign of prejudice against a religion, the EU Court of Justice said. Such a ban doesn't constitute "direct discrimination."

Critics voiced fears that the decision risks becoming a setback to all working Muslim women.

THE ASSOCIATED PRESS

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THESE ARE THE MISSISSIPPI FALLS IN BEAUTIFUL ALMONTE, ONT. THEY RUN ALONG MOST OF THE TOWN, GENERATE ENERGY AND THE BARLEY MOW HAS A GREAT PATIO OVERLOOKING THE FALLS. JESSICA AMICO

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Hopes high for job skills help

EMPLOYMENT

Students need real-life work experience, advocates say

Expectations are running high that next week's federal budget will provide a more detailed federal strategy — and perhaps more cash — to help post-secondary students land real-life work experience in emerging, employee-starved fields.

In last year's budget, Ottawa committed \$73 million over four years to fund an initiative aimed at ensuring that what's being taught inside the classroom is better aligned with the tech-related needs of the job market.

The government plans to launch the program this year — and advocates will be watching the March 22 budget for signs of a framework.

"Students today want to get their hands dirty as part of the university experience," said Universities Canada president Paul Davidson.

Last year, the government

set aside money for new co-op placements and work-integrated learning in anticipation of a program to encourage participation in "high-demand fields,"

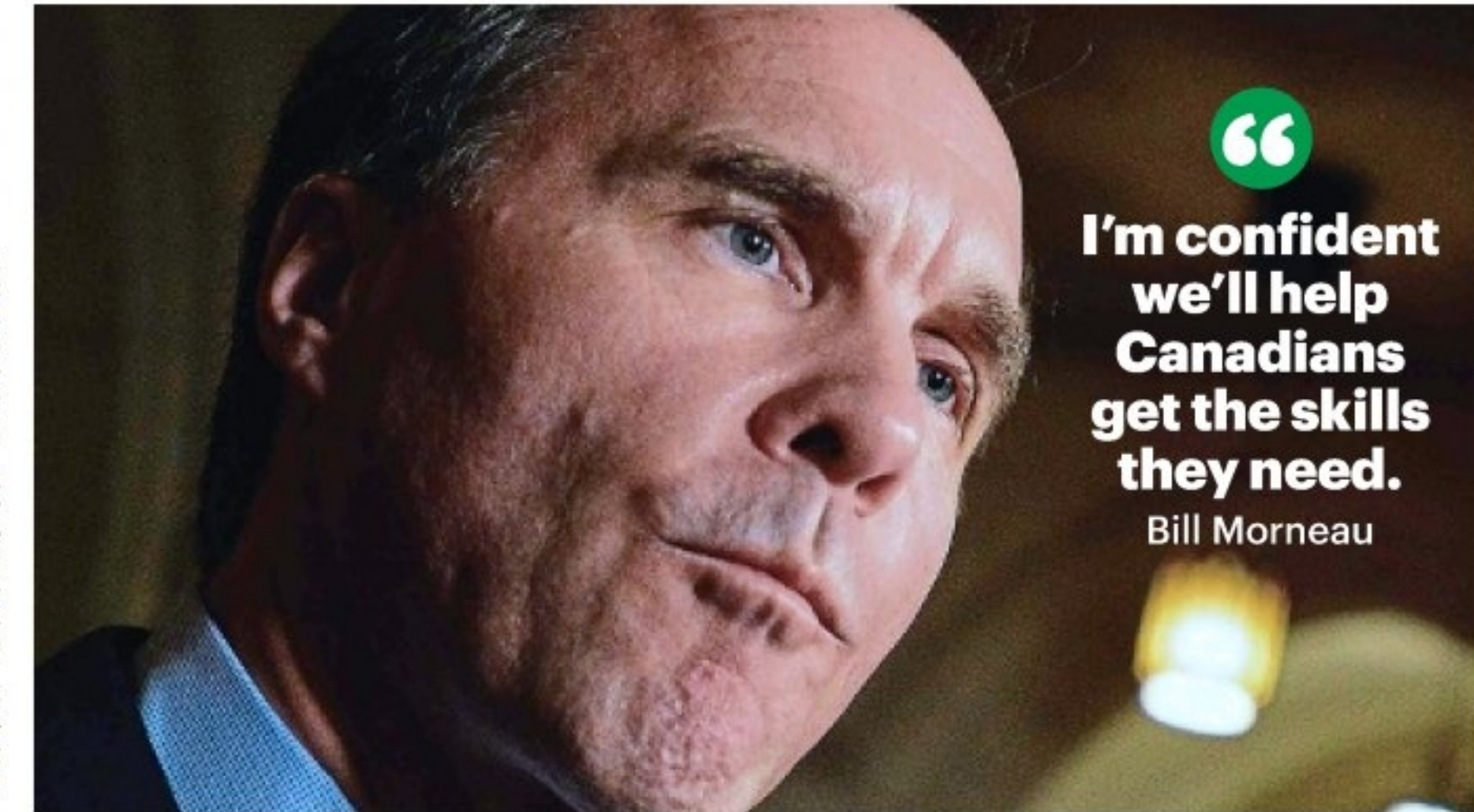
such as science, technology, engineering, mathematics and business.

Finance Minister Bill Morneau's second budget

comes amid growing awareness that a wide range of today's jobs will eventually be replaced by the rapid advance of new technologies, such as automation

and artificial intelligence. Job skills will be "one of the key areas of focus" in the budget, Morneau said last week.

THE CANADIAN PRESS



"I'm confident we'll help Canadians get the skills they need."
Bill Morneau

INTERVIEW

Job chat tweet goes viral

SkipTheDishes is apologizing to a woman and offering to reschedule a second job interview that was cancelled after she asked about wages and benefits.

Taylor Byrnes of Winnipeg tweeted a screenshot Sunday of an email exchange with Victoria Karras, a talent acquisition co-ordinator with the online food delivery company.

"If I do end up filling this position, how much do you think I'll be getting paid an hour?" Byrnes asked. "Benefits will also be included, right? Sorry, I just thought I should ask now. Thanks for your time and have a lovely day."

Karras said in her reply that the questions revealed the applicant's values were out of sync with SkipTheDishes. She called off a meeting that had been scheduled for Thursday.

Byrnes tweet went viral. Many Twitter users voiced their support for Byrnes and some threatened to boycott SkipTheDishes.

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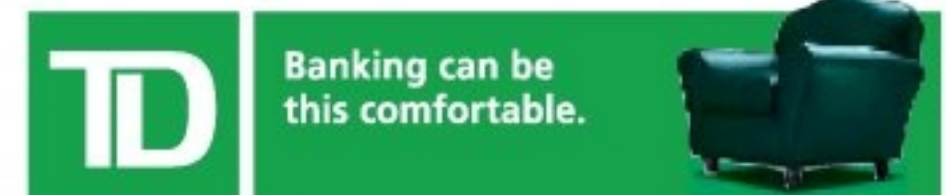
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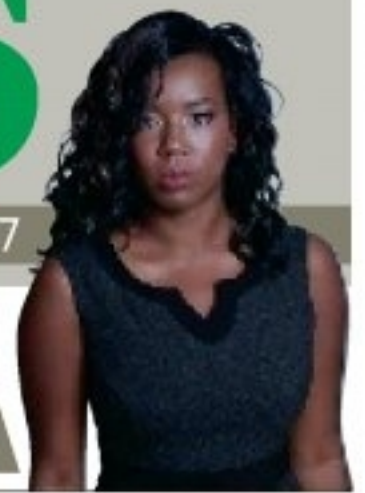
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JESSICA ALLEN ON PALTROW AND PSEUDOSCIENCE



How could a magazine with the word 'health' in it promote a person who promotes decidedly unhealthy things, like vaginal steaming?

Gwyneth Paltrow looks pretty great in a red bikini on the April issue of *Women's Health*. But wherever the Goop founder goes, she is not only followed by cold-pressed juice and bergamot-cedar incense, but also controversy.

People, including those in the medical community, are outraged not because one of the bolded cover lines "Get Her. Abs." in "just 3 moves" is a flat-out lie (tried it), but on account of an interview with the wellness guru titled "Gwynenergy!"

How could a magazine with the word "health" in it promote a person who promotes decidedly unhealthy things — like vaginal steaming, and questionable practises like cupping — and not even hold her to account for her medically unsubstantiated beliefs?

There is literally an entire book dedicated to Paltrow's peddling of pseudoscience: Timothy Caulfield's *Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash*. The professor of health law and science policy at the University of Alberta recently told *Gizmodo*: "It's disappointing that a magazine called 'Women's Health' is embracing this science-free nonsense!"

The thinking goes: They should've known better. But maybe we should have, too.

For starters, a high school student could find the red flags: first, the interview was conducted by Paltrow's employee, Jean Godfrey-June, Goop's beauty director. No wonder she didn't press her boss on the vagina steaming. And that it reads like an advertorial hawking Goop's new line of supplements.

Second, in the interview's sidebar, titled "What's supp, doc?," an MD evaluates those supplements. But the doctor dabbles in so-called functional medicine, a controversial form of alternative medicine whose



Paltrow graces the April cover of *Women's Health*, angering some who say she is peddling pseudoscience with her Goop brand. AP

most famous practitioner, Mark Hyman, regularly appears on *The Dr. Oz Show*.

"Gwyneth and Goop do push things like real food, sleep and exercise, which is fantastic," Caulfield told *Gizmodo*. "But it is always wrapped in a blanket of pseudoscience."

Buy the \$72 scented candle, the \$195 Energy Clearing Kit that includes a feather fan and "1 shungite stone," and detox everything from your body save for your soul. But be weary of the Goop interview with a doctor who says: "I have yet to see an autoimmune disease that cannot be cured or put into remission by simple dietary changes and supplementation." (Tell that to my mother, who has Lupus.)

And since when did we consider *Women's Health* an arbiter of health science? Thirteen pages after Paltrow's "interview," a spread called "Practical Magic" provides tips on how women can tackle their health and beauty all in one go: facials plus healing crystals, laser hair removal

and Reiki. It makes another cover line on the issue, "How to Spot Fake Health News," all the more ironic.

Women's Health, whose founding editor was formerly of *Teen People*, is not a health journal. They promote alternative medicines, like acupuncture and chiropractics, and fad diets and workouts — think bone broth and Mama June's routine. So to feign shock over an interview in which Gwyneth says she wants to get to the bottom of why women are so exhausted (I have a few theories) and why she is "really interested in the impact of heavy metals and parasites on our bodies," seems pretty rich.

But things get richer. Compare the two April covers of *Women's* and *Men's Health*. Both target weight loss and how to get a ripped bod. Women get a "Sexy, Easy Hair" cover line and men get: "Lean, Tough, Fit!" Women get that spread on Goop's new supplements and men get a special report on "Is your supplement toxic?"

It's a solidly scientific topic.

Medical studies, op-eds and reporting brought the issue of Big Vitamin taking on regulators to light. You couldn't pick up a paper or turn on a TV in 2013 without reading about not just the ineffectiveness of vitamin supplements but also their inherent dangers.

Pseudoscience is pushed on women all the time in the most inauspicious places. Take Saks Fifth Avenue's glossy Spring 2017 catalogue: Women are treated to a five-page spread on what jeans you should buy based on your zodiac sign, which lead me to ask two questions: How are men supposed to know what style of denim to wear? And why are they always targeting us with this garbage?

I can't answer the first question. But the second is obvious: we buy into it. Recent polls suggest that more women than men believe in astrology, take vitamins and supplements, and put stock in alternative medicines. But that for decades the media has hocked pseudoscience to women specifically makes the practice more complicated.

It's easy to laugh at Sean Spicer for not being media-savvy enough to know that *The Onion* is a satirical website. But whose fault is it if Gwyneth on the cover of a women's health magazine doesn't sound any alarms? Who's to blame for the orgasm-improving \$60 jade eggs that you stick into your vagina selling out on goop.com? For the 4,000-strong waiting list to secure one?

I'd like to blame the patriarchy, but I don't think it holds much sway over Goop. And even if the patriarchy came before the jade egg, I don't blame Gwyneth. She's just the messenger.

Jessica Allen is the digital correspondent on CTV's *The Social*.

VICKY MOCHAMA

Spoiler alert: It's your fault for not keeping up, not mine

Whether it is *Romeo and Juliet*, *Harry Potter* or the video for *Call Me Maybe*, I do not believe in spoilers.

A spoiler is a plot point that tells you how a story's narrative progresses or ends. For example, knowing the line "I see dead people" is kind of a spoiler for the movie *The Sixth Sense*.

Among civilized people, you're not supposed to spoil the plot. Tell someone that Matthew dies in *Downton Abbey* and you end up yelling at them that it aired five years ago while they pout about it. Half a decade apparently wasn't enough time for them to get caught up on a season three plot-point in a six-season TV show. Spoiler alert: the show goes on without him.

You can't talk about any cultural touchstone without providing a spoiler. I was describing *Carmen*, the opera, to someone when I found myself saying, "Spoiler alert: *Carmen* dies." *Carmen* has been performed at least a dozen times (give or take) since it debuted in 1875. Believe me, it ruins nothing of Bizet's magnificent score to say *Carmen* meets her end. Also, it's an opera: someone important has to die. It's opera law!

I find that as long as you don't tell people how and in exactly what order, the knowledge of the plot can actually increase the story's enjoyment. In 2011, researchers at UC San Diego found that people still

enjoy texts even when they know major plot points and how the story end. Their research found that participants actually enjoyed stories more when the plot had been spoiled for them.

Knowing the ingredients of a meal doesn't ruin it for you; rather, it gives you some flavours to look forward to.

And at this point, there is just too much culture. We can't tiptoe around plots because other people were "busy" at their "jobs" or whatever. Sometimes you just have to say: The world doesn't end in *X-Men: Apocalypse*.

Writers have some responsibility. In 2008, culture news and criticism website *Vulture* established its own statute of limitations for spoilers: it allows for unmarked spoilers in the text of an article on the Monday after a movie opens, but writers have to wait a month before putting spoilers in headlines. There are different rules for books and reality TV shows.

All of that is way too complicated. For my personal policy, however, I'll be reasonable. I will give you 24 hours. If within 24 hours, you have not viewed, read or listened to a piece of culture then you have not made it a priority.

Being into culture is a lot like texting while dating: if you don't get to it within a day, you were never that into it.

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Disney late to the ball on equality

CULTURE

'Gay moment' in Beauty and the Beast falls short for many

Jonathan Forani
life@metronews.ca

There's a moment at the end of Disney's live-action remake of Beauty and the Beast where the villain's chubby sidekick LeFou starts dancing with a man in drag. Though it lasts only a few seconds, it's been called a watershed moment for the entertainment conglomerate, and LeFou has been dubbed "Disney's first gay character."

Just as swiftly, it was ruled "adults-only" material in Russia and an Alabama drive-in declared it wouldn't screen the film. But even non-homophobes don't like it.

If LeFou's errand is to be the champion of the "love is love" generation of marriage equality and LGBTQ rights, for many Disney watchers he has not only failed, but is proof gay characters still can't crack the mainstream without a tired old stereotype being applied. For some, a bad representation is worse than no representation at all.

"At this point in 2017, praising a large corporation for doing the least possible in terms of including LGBTQ characters is a bit ridiculous," says Jensine Jones, a Toronto podcaster who identifies as queer.

The film's openly gay dir-



LeFou, played by Josh Gad, (right) with leading man Gaston, played by Luke Evans. CONTRIBUTED

ector Bill Condon called it "a nice, exclusively gay moment" in an interview with Attitude magazine.

As characters gather for the ballroom celebration scene, LeFou begins dancing with a woman. Soon he transitions into the arms of a man named Stanley, who we met earlier when Stanley and two other men are suddenly clothed in dresses and makeup by an enchanted wardrobe. The other men are aghast, but Stanley smiles, delighted with the cross-dressing.

In the ballroom, LeFou and Stanley don't back away from each other, instead they continue to dance.

"It's a little too late, and a little too little, but it's better than nothing," says Nicholas Sammond, an associate professor of cinema studies at the University of Toronto. Though the small mo-



At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars

Filmmaker John Greyson

ment has caused a "hullabaloo" online, it's the hullabaloo that counts, he says.

"As with many things Disney, the conversation around it is probably as important as the event itself," says Sammond. "Particularly as we enter the era of Trump, it's good to have conversations about the degree to which representations of gay characters are positive and move us toward a more inclusive society."

That was the discussion in 2009 surrounding Disney's The Princess and the Frog, featuring the studio's first black princess. Though some dubbed it "unforgivably late" and "one-dimensional," others called the

MALAYSIA CENSORS SCENE

Walt Disney has shelved the release of Beauty and the Beast in mainly Muslim Malaysia, even though film censors said Tuesday it had been approved with a minor cut involving a "gay moment."

The country's two main cinema chains said the movie has been postponed indefinitely. Film Censorship Board chairman Abdul Halim Abdul Hamid said

he did not know why the film was postponed as it was approved by the board after a minor gay scene was axed.

He said scenes promoting homosexuality were forbidden and that the film was given a P13 rating, which requires parental guidance for children under 13 years of age. THE ASSOCIATED PRESS



film "barrier-breaking."

"Even if it's this small, tiny scene that recognizes a character like LeFou is gay or questioning, I think that is a step forward," says Andrew Murphy, director of programming for Toronto's queer film festival Inside Out. He acknowledges the history of feminized baddies in film from characters including Scar in The Lion King. "The Hollywood trope of the effeminate villain is a tale as old as time."

Queer Toronto actor Emily Schooley isn't sure she'll pay the price of admission to find out if LeFou (translation: "the fool") is portrayed in a better way than a "bumbling yes-man" yearning for Gaston, the film's pompous heterosexual bad boy. She suspects it is simply more of the same "queer-baiting," where a gay character is added to attract queer audiences, but is promptly killed off or pushed aside.

Filmmaker John Greyson notes some other brief queer moments in mainstream film: the "3.5 seconds of gay Sulu" in Star Trek

Beyond, the "suddenly gay" Cary Grant in the 1938 comedy Bringing Up Baby.

"At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars," jokes Greyson.

Some argue the LeFou storm is much ado about nothing and "it's just Disney," but for U of T's Sammond, that position is weak.

"When people say 'it's just Disney' they're ignoring a history that, for anxious parents in particular, is really significant," he says. "Disney has built its reputation as being good for children."

When new movies come out, parents often ask, will this be better for children's self-image?

The effect media has on children's lives is "notoriously impossible to gauge," says Sammond, but that doesn't mean moments like LeFou's gay dance should be brushed off.

"What matters more is that people believe it (affects their kids) and they bring that idea to their viewing of Disney films," he says. TORSTAR NEWS SERVICE

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Buttery scones that are fit for a saint

RECIPE

Moist and flaky Irish variation best served up with salty fish

Is it not enjoyable to take advantage of another culture's holiday to explore new recipes and treat yourself to something delicious? It is. And is St. Patrick's Day not right around the corner? As the Irish might say, 'tis.

Moist, biscuit-y Irish scones, lashed with rich butter and a few slices of smoked salmon, top many lists of Irish culinary yearnings this March 17.

European-style butter makes a big difference in this dish; it has a slightly higher butterfat content than everyday supermarket butter. If you're sticking close to the theme, look for good Irish butter.

As with biscuits or really any quick bread, the less you handle the dough, the better. Over-mixing or kneading will activate proteins in the flour, toughening your resulting baked goods. The dough might seem sticky; just work quickly and make sure your work surface is well dusted with flour. Lightly dust the top of the dough, too, so your fingers

won't stick to it.

These scones are not too sweet, as their intended filling is smoked, salty fish. For a sweeter plain scone, add another tablespoon or two of sugar.

Irish Scones With Smoked Salmon Makes 10

Ingredients:

- 3 cups all-purpose flour, plus more for patting out dough
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 3/4 cup (1-1/2 sticks) chilled unsalted butter, cut into pieces
- 1 cup whole milk
- 1 egg yolk
- 1 whole egg
- About 3 tablespoons softened unsalted butter, for serving
- 1/2 pound good-quality smoked salmon

Directions:

1. Heat oven to 400 degrees. Line a baking sheet with parchment. Lightly flour a clean work surface.

2. In large mixing bowl, stir together flour, sugar, baking powder and salt. Using a



These scones are not too sweet as their intended filling is smoked, salty salmon; if you're trying to be super authentic, source some wild Atlantic salmon — adored in Ireland. CONTRIBUTED

pastry cutter, two knives or your fingers, cut butter into flour mixture until mixture resembles coarse cornmeal, with no piece of butter larger than a pea.

3. In small bowl, combine

milk and egg yolk. Stir into dry ingredients just until mixture comes together.

4. Turn dough onto floured work surface, and roll or pat out to 1-1/4-inch thick. Cut 2-1/2-inch circles with biscuit

cutter, as close as possible to one another. Gently pat together scraps and cut out another 2 or 3 circles. Place pieces on prepared baking sheet at least 1 inch apart.

5. Beat whole egg with 1 tea-

A CUT ABOVE

What does it mean to "cut" the butter into the flour mixture?

The butter is added cold, in small pieces, and is incorporated into the dry ingredients so that it is well distributed but maintains a pebbly texture.

That way, when the scones bake, the butter melts into the dough and creates flaky scones with tiny pockets of air to keep the texture light.

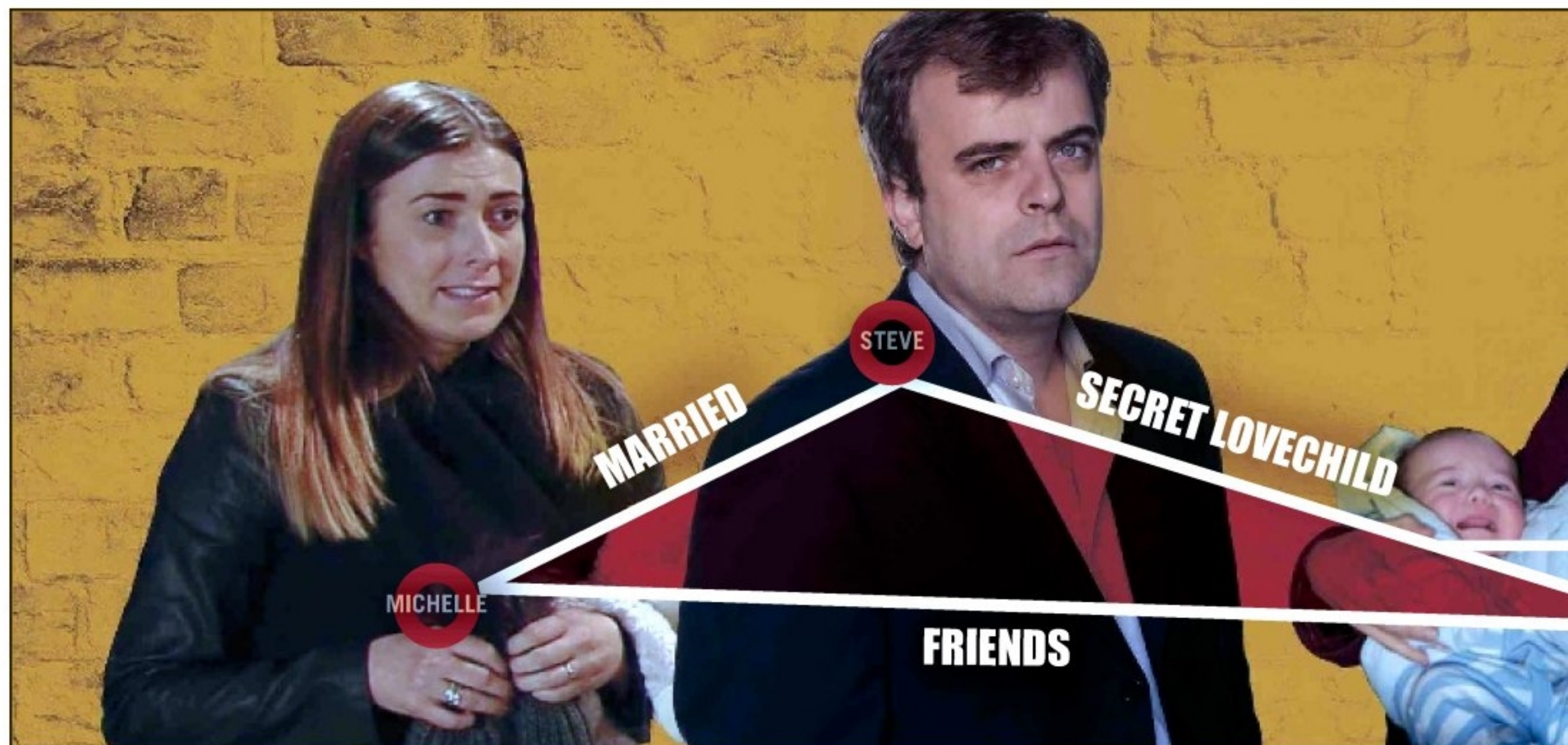
Use a pastry cutter, two butter knives or quick rubbing movements with your fingers to work in the butter without creaming it into the dough, which would create a denser scone.

spoon of water in small bowl and brush lightly on tops of scones.

6. Bake until golden brown, about 15 minutes. Transfer to wire rack to cool until barely warm.

7. Split scones in half, then spread with butter and layer bottom halves with salmon. Replace tops.

THE ASSOCIATED PRESS



DRINKING

Ireland the perfect gateway to whiskey

Irish whiskey used to be the liquor world's original two-party system. You could have a Jameson. Or you could have a Bushmills.

Those days are well and truly over. With 30-something choices at the LCBO, alone, lucky revelers this St. Patrick's Day will have no shortage of options for when they want to raise a glass of Irish. That's a fraction of what's available globally, of course. Abroad, we'd be able to sample one of several new releases: Roe & Co, a premium blend, Trader Joe's own brand or, for music fans, the Pogues' own signature brand, which still hasn't reached our shores.

But back to Jameson for a moment. To a sizable degree, Jameson is responsible for the Irish whiskey boom. Many bartenders still make it their shot of choice because of its blue-collar appeal (it's like Pabst Blue Ribbon for beer drinkers). And it's because of that blue-collar thing that Jason

Masse, head bartender at Allen's, one of Toronto's best-known Irish bars, says Jameson was always more popular than Bushmills.

"I think Jameson is still the go-to in that it's the original and I think it was most peoples' first foray into Irish whiskey," Masse says. "Irish has certainly come a long way, though, and there's certainly a much more diverse selection now."

Masse has seen a tremendous uptick in patrons looking to try something new. He says you can't ever go wrong with Redbreast, which he calls "quintessential Irish."

Like something more complex and creamy? Then Green Spot is your ticket. And for people who favour simplicity, a straight-up, classic, sweet flavour profile of Writers Tears is perfect. Masse says it's hard to err with Irish, which is why, whenever he has a guest who wants to learn about whiskey, he almost always starts them with that spirit.

"It's generally very smooth," he says. "It's the perfect gateway whiskey." TORSTAR NEWS SERVICE



A slice of the black stuff

RECIPE

Guinness adds creamy, intense depth to cake

Ricardo Larrivée
life@metronews.ca

Happy St. Patrick's Day everyone! While I love green beer as much as the next guy, I like to celebrate Canada's Irish heritage with a bit more of a sophisticated flavour profile — what they like to call 'the black stuff.'

Enter my ooey, gooey chocolate-overload Guinness cake — you've never tasted anything like it. The addition of a generous pour of Guinness to the batter is the secret to this knockout cake's deeply caramelized flavour and melt-in-your-mouth texture. The crumb is moist and dark, but heavy and satisfying at the same time. The ganache adds a whole other layer of intensity; also spiked with stout, it's creamy and intense and the malt flavour blends with the cocoa to up the chocolatey power even more.

Chocolate Guinness Cake Makes 12 servings.

Ingredients:

- 3 cups (450 g) all-purpose flour (more for pans)
- 2 tsp baking soda



This Guinness cake is a gooey chocolate overload. CONTRIBUTED

- 1-1/4 cups (280 g) unsalted butter (more for pans)
 - 1-1/4 cups (310 mL) Guinness beer or a local stout
 - 1 cup (100 g) cocoa powder
 - 1-1/2 cups (315 g) lightly packed brown sugar
 - 1/2 cup (105 g) sugar
 - 1/2 tsp salt
 - 3 eggs, lightly beaten
 - 3/4 cup (180 mL) sour cream
- For the ganache:
- 16 oz (450 g) dark chocolate, chopped
 - 1/2 cup (125 mL) Guinness stout
 - 2/3 cup (150 mL) 35% heavy cream
 - 1/4 cup (60 mL) light corn syrup

- 1/2 cup (115 g) cold unsalted butter, diced

Directions:

1. With the rack in middle position, preheat oven to 350 F (180 C). Line two 8-inch (20 cm) springform pans with parchment paper. Butter and flour the sides.
2. In a bowl, combine flour and baking soda. Set aside. In a saucepan over medium heat, melt the butter with the beer and cocoa powder, stirring with a whisk. Let cool.
3. In a large bowl, combine brown sugar, sugar and salt.

With a whisk, add the lukewarm butter mixture alternately with dry ingredients and eggs.

4. Add sour cream and stir until mixture is smooth. Divide batter among pans and bake for about 50 minutes or until a toothpick inserted into the centre of each cake comes out clean. Unmould and cool.

5. To make the ganache, place the chocolate in a bowl.

6. In a saucepan, bring beer, cream and syrup to a boil. Remove from heat and pour over chocolate. Let stand for 1 minute.

7. With a whisk, gently stir mixture until the chocolate has completely melted. Add the butter and stir until smooth. Refrigerate for 1 hour or until the ganache is spreadable but not too thick. If needed, microwave a few seconds at a time and stir until spreadable.

8. Cut and discard the rounded tops of each cake. Spread one-quarter of the ganache onto one layer.

9. Top with the second cake layer and frost with the remaining ganache.

TORSTAR NEWS SERVICE

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THE DRAMA NEVER STOPS

ROSE REISMAN THE SAVVY EATER**THIS WEEK:** Chicken and rice soup vs chicken corn chowder

A hearty soup doesn't have to be full of fat.

PICK THIS**Campbell's Chunky Chicken with Rice**
(per 250ml)

Calories 110

Fat 2.5g

Saturated Fat 1g

Sodium 770mg

**SKIP THIS****Campbell's Chunky Chicken Corn Chowder**
(per 250ml)

Calories 300

Fat 19g

Saturated Fat 4g

Sodium 850mg

**HERE'S WHY** Equivalent in fat to 2 Grilled Chicken Sandwiches from Wendy's

A warm bowl of soup containing chicken and veggies is always comforting and satisfying. While both of these soups offer that, the cream in the Chicken Corn Chowder takes this from meal to mayhem, with over seven times more fat and three times the calories, simply due to the cream and butter. Using just broth as the base, the Chicken with Rice soup is sustaining without the extra calories and fat.

LIQUID ASSETS PETER ROCKWELL**Raise the red flag, Spain's reign has begun**

is unprecedented. When combined with its balance of ultra-modern and über-classical packaging, there's a bottle for every wine lover.

The longest running liquid-themed joke in Canada over the last few years has been that Spanish wine will be the next big thing. While wine writers, me included, have predicted the rise of Spain over and over, you, the consumer, kept getting distracted by something shinier from elsewhere.

Well, with sales at an all-time high, the reign of Spain has finally come. It deserves the attention.

One of the largest wine producers on Earth, the variety of juice it pumps out



Though it makes its fair share of whites worth trying, it really is a red-centric country. To get a taste for three of its primary red grapes try Monasterio de las Viñas' 2005 Gran Reserva (\$17.95-\$22.99).

A blend of Garnacha, Tempranillo and Cariñena, the fruit spends an unprecedented 24 months in oak before seeing bottle. You'd be hard pressed to find a wine this old, smooth and inexpensive from any other country.

Prices reflect the range across the country. Some products may not be available in all provinces.

RAPINI ON RISE

Green tries to shade kale
Rapini, a.k.a. broccoli rabe, is out to "rabe" kale of its superfood status.

To achieve this feat, marketers for D'Arrigo Brothers' Andy Boy brand have cooked up dozens of new ways to prepare the former wild mustard green, which the original Andy Boy domesticated back in the 1930s.

Rapini contains more iron and fibre than kale, twice the zinc of Swiss chard, and beats spinach as a source of calcium. It's low in calories and high in Vitamin A, the anti-wrinkle vitamin. At nearly 93 per cent water, it also helps us feel full longer.

D'Arrigo sales specialist Claudia Pizarro-Villalobos says the recipe campaign has helped broaden rapini's appeal. She's especially excited about Andy Boy's latest smoothie, which pairs the bitter green with almond butter, hemp seed, almond milk and dates. This powerful green adds a bold flavour to classic Italian recipes like hearty pasta with sausage. TORSTAR NEWS SERVICE

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Rogue refresh won't unseat rivals



REVIEW

Superficial updates not enough to take the top spot



Dan Ilika
AutoGuide.com

The Nissan Rogue has gone from afterthought to in demand, climbing the sales charts to crack the top-five best-selling CUVs in Canada and the United States.

That means the Rogue is rubbing fenders with the likes of the Ford Escape and Honda CR-V. But as overhauled versions of both hit dealer lots in recent months — and a new Mazda CX-5 on its way in the near future — the Rogue seems suddenly outdated.

Which is where this mid-cycle refresh comes in. The Rogue looks even more like a baby Pathfinder than before, but Nissan definitely played it safe with the update.

The cabin has been spruced up, slightly, to include a new flat-bottom steering wheel, as well as a new center console design, a new shifter, and some updated trim panels on the doors and dash. The fabric used on the seats has also been replaced, while a fancy new trim package adds quilted leather upholstery to top-of-the-line SL models.

Our tester came finished in mid-grade SV trim, which leaves a lot to be desired. There's plenty of hard touch plastics and the fabric on the seats doesn't feel great either. Making matters

worse is the Rogue SV's basic infotainment system. With a five-inch display in the dash, what you see is what you get and what you get is little more than audio and rearview camera functionality.

The interior of the Rogue SV has comfortable seats that come heated up front and a sliding second row that offers plenty of legroom. The Rogue can move a family of four with ease. It's also capable of squeezing an extra passenger or two thanks to the available third row of seats, making the Rogue the smallest three-row crossover on the North American market.

Stick to a five-passenger configuration and there's a decent amount of cargo room in the Rogue. The seats-up space is on par with the likes of the 2017 CR-V, though the Honda does offer more room with them folded.

None of the Rogue's mechanics were changed as part of the refresh, which means the same four-cylinder engine carries over for 2017. Output is respectable, however, the Rogue's continuously variable transmission whines and moans like a cat in heat during acceleration. Thankfully the Rogue's cabin is pretty quiet otherwise, without much road noise making it inside.

As for the ride itself, it's a little stiff and truck-like, but does pretty well to absorb bumps in the road. The steering is a little vague, but the variable steering ratio is an added bonus and gives it a lighter feel at lower speeds, making it easier to maneuver.

With an updated look and little else, the 2017 Nissan Rogue isn't likely to unseat the segment-leading CR-V anytime soon.

THE CHECKLIST | 2017 NISSAN ROGUE

THE BASICS

Engine: 2.5 litre four-cylinder
Output: 170 horsepower, 175 pound-feet of torque
Transmission: Continuously variable auto
Fuel Economy (L/100 km): 9.6 city, 7.4 highway (AWD)
Price: \$35,793 as-tested (destination included)



LOVE IT

- Updated styling
- Reasonable ride

LEAVE IT

- Outdated infotainment system
- Pricey Star Wars package (pictured left)
- Whiney CVT


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Formula 1 legend unveils dream car

FITIPALDI

Vision in yellow

Formula 1 legend Emerson Fittipaldi just unveiled the car of his dreams, the Fittipaldi EF7 Vision Gran Turismo at the Geneva Motor Show.

Fittipaldi partnered with Pininfarina, the Italian carrozzeria, and German engineering firm HWA AG on the superconcept. The sculpted all-carbon shape is staggeringly pretty, ruthlessly functional and focused in racy kinda way. The EF7 promises professional level performance. It will have a limited production run with bespoke options; it's unlikely two EF7s will be alike. MICHAEL ACCARDI/AUTOGUIDE.COM



RACEMO

Let's get phygital

Indian automaker Tata Motors has introduced the sub-brand Tamo at the Geneva Motor Show.

The first of Tamo's innovations is Racemo, a two-seater sports coupe the company calls the first globally developed "phygital" car, merging the physical and digital worlds. Thanks to Microsoft, the Racemo is also India's first connected car, bringing alive connected technologies like cloud computing, analytics, geo-spatial and mapping, as well as human-machine interface. There's also a race version called the Racemo+. JASON SIU/AUTOGUIDE.COM



GETTY IMAGES



WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

X-TRAIL

Doggone Nissan

Nissan has introduced a new concept tailored for our furry friends, the X-Trail 4Dogs.

No this isn't a joke. Nissan is incorporating accessories for your four-legged pet. In the rear of the X-Trail 4Dogs concept, the automaker has added a quilted cargo area, a shower, a spill-proof water bowl and a treat dispenser. There's a ramp to allow dogs to enter easily and a special clip for harnesses. The 360 shower wraps around the dog so the user doesn't get wet, while a built-in blowdryer nozzle is handy to get rid of the wet-dog smell. There's even a 10-inch screen so they can see what the passengers are doing. This also allows the driver to check on the dogs from the cockpit. Sadly, it's unlikely this concept will make it to production. JASON SIU/AUTOGUIDE.COM

CONCEPT

Orchid inspires hypercar

The Vanda Electrics' Dendrobium has a top speed of over 300 km/h. But that's not all.

Coming from Singapore, the Dendrobium was developed with the help of Williams Advanced Engineering. The company says the hypercar can go from zero-to-95 km/h in just 2.7 seconds while pushing out 1,000 horsepower. The car serves as a high-performance halo project for Vanda Electrics. With a striking design, the Dendrobium certainly looks the part of a hypercar, especially with all the doors opened. The synchronized door mechanism was inspired by a genus of orchids native to Singapore, which is where the Dendrobium name comes from. JASON SIU/AUTOGUIDE.COM



ALL PHOTOS HANDOUTS EXCEPT WHERE NOTED

+ AUTO NEWS

Ford using whoopee cushion concept for seat comfort

A patent filed by Ford reveals a bladder system for seats. The automaker applied for the patent on September 3, 2015, but it wasn't published until now. Ford is looking to incorporate a seat bladder between a support and trim material face that is positively pressurized (filled up) when the seat is unoccupied. The system uses an elastomeric reservoir paired with the seat bladder via a fluid line.

Basically, when no one is sitting on the seat, the bladder is filled with air so that the seat appears to be flat. But once a passenger sits down, the air is moved out of the bladder and into a reservoir allowing the passenger to sink lower into the seat, providing comfort as well as headroom. JASON SIU/AUTOGUIDE.COM



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If Herbie was a family car

SEDRIC

Mobility concept: Self-driving pod from VW AG



Jason Siu
AutoGuide.com

No, this car isn't a Volkswagen. Not specifically, anyway. Nor is it a car, in the traditional sense. Sedric (that's short for SELF DRIVING Car) is a "mobility concept" for the whole Volkswagen Group.

That means that this four-wheeled contraption doesn't, like most cars, have a fifth for steering in front of the driver, because this level-five autonomous car never lets any human drive it. Instead, you get in, sit down, enter a location and a ring lets you know when you'll arrive at your location. So it's kind of like Sedric lets you download locations (a simile I'm sure has given a Silicon-Valley-type their wings).

Sedric was revealed today at the 2017 Geneva Motor Show and is the next step in VW's



Matthias Mueller, CEO of Volkswagen, with the autonomous concept car. HANDOUT

post dieselgate plan, TOGETHER 2025. Much like the I.D., Sedric is an all-electric concept, with battery packs under the floor and an electric engine tucked away between the wheels.

Its lack of a driver's seat, though, means that anyone can get in Sedric and go somewhere. According to VW, that makes it perfect for the young and the infirm. In fact, it's even been designed to be used by people

with impaired eyesight. Alternatively, the car could be used by busy parents to, say, pick up their kids from school.

Sedric has also been designed to talk to its passengers and interact with them. That means that you can make spur of the moment decisions along the way, like stopping for a bathroom break. Of course, if you prefer, you can just close your eyes and choose to simulate long

distance space travel by waking up at your destination.

Unlike a traditional car, you'll have the option to buy Sedric or share it. If you choose to buy it, you can get it as one of VW's many brands. The new concept is designed for four people, with the rear seats designed as a couch (or bench as it's often referred to) and an OLED windshield that can project images onto the road ahead.

CONCEPT

Flying cars could be on the horizon

Flying cars may not be as far fetched as you may think.

Making its world premiere at the 2017 Geneva Motor Show, Italdesign and Airbus have shown off the Pop.Up, the first modular, fully electric, zero-emission concept vehicle system designed to relieve traffic congestion in crowded megacities. The two companies worked together to come up with a modular system for multi-modal transportation, taking advantage of both ground and airspace.

Technically the Pop.Up isn't so much a flying car than it is a flying pod. The idea is that a vehicle shaped as a passenger capsule can be paired with two different and independent electric-propelled modules — a ground module and an air module. Other public means of transportation could also integrate the Pop.Up capsule, like trains or hyperloops.

The pod is a monocoque carbon fiber cocoon that can transform itself into a city car by simply coupling to the ground module, which features a carbon fiber chassis and is bat-

tery powered. It can also take to the air by means of the air module, propelled by eight counter-rotating rotors.

In a perfect world, the air and ground modules would return autonomously to dedicated recharge stations while waiting for their next customers.

While this may all seem like something out of a sci-fi movie, Airbus and Italdesign believe it could be a reality within seven to 10 years. They're hoping other partnerships could emerge as a result of showing off the concept at Geneva this year.

JASON SIU/AUTOGUIDE.COM



Pop.Up concept. GETTY IMAGES

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Civic: Lost in transformation

Whenever we see a concept or prototype for a new model reveal, it's likely we'll be disappointed by the real deal. When we first saw the Civic Type R prototype, we were blown away — the way Honda transformed the mainstream Civic compact sedan into something more sinister and bad-ass was jaw-dropping, but in the back of our minds, we knew not all aspects would make the production version. Here's how the prototype compares to the real thing. **SAMI HAJ-ASSAAD** AUTOGUIDE.COM

1 Side markers

The amber corner lights on the production model were slick-looking and tinted black on the prototype.

2 Front intake

The lower front intake is smaller on the production version, or at least the lighter paint job makes it look less intimidating.

3 Bumper openings

The gills on the side of the intake seemed larger and more pronounced on the prototype.

4 Headlight washer

The production version has bumps hiding headlight washers, while the sleek prototype didn't.

5 Red exhaust tip

While both have three exhaust exits, the prototype had a metallic red center exhaust that's missing here.

6 Ground effects

Both cars feature a serious ground effects package. However, on the prototype, the front splitter, rear diffuser and side skirts were all carbon fibre — with the production model using a look-alike material.



INNOVATION

New Cadillacs can 'talk' to other cars on the road



Jason Siu
AutoGuide.com

The Cadillac CTS sedan now comes standard with Vehicle-to-Vehicle (V2V) communications.

Beginning with 2017 interim model year cars that are in production now, the Cadillac CTS can share information that can be used to alert drivers to upcoming potential hazards. The American automaker's V2V solution uses Dedicated Short-Range Communications (DSRC) and GPS, with the potential to handle 1,000 messages per second from vehicles up to nearly 1,000 feet away. That means the sedan can prompt alerts for hard braking, slippery conditions and disabled vehicles ahead of time, giving ample warning to the driver.

For example, when the car approaches an intersection, the system scans the vicinity for other vehicles and tracks their positions, directions and speeds with alerts appearing in the instrument cluster and available head-up display. Owners can customize these alerts that appear on their Cadillac user ex-



Cadillacs with V2V technology are now in production. HANDOUT

perience infotainment system.

Unfortunately only vehicles equipped with compatible V2V systems will be able to communicate with one another, but the technology is expected to roll out from more automakers in the coming years. Multiple V2V-equipped vehicles are able to create an ad hoc wireless network to transfer information without relying on sight lines, good weather conditions or cellular coverage. The 2017 Cadillac CTS sedan's V2V technology operates on the 5.9 GHz spectrum allocated by the Federal Communications Commission.

"From the introduction of air bags, to the debut of OnStar, Cadillac continues its heritage of pioneering safety and connectivity advances," said Richard Brekus, Cadillac global director of product strategy. "V2V essentially enables the car to sense around corners. Connecting vehicles through V2V holds tremendous potential, as this technology enables the car to acquire and analyze information outside the bounds of the driver's field of vision. As an early mover, we look forward to seeing its benefit multiply as more V2V-equipped vehicles hit the road."

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SOCCER

Caps hurt own cause in first leg defeat

Kendall Waston's own goal in the 66th minute cost the Whitecaps as Vancouver fell to Mexico's Tigres UANL 2-0 on Tuesday in the first leg of their CONCACAF Champions League semifinal in Monterrey, Mexico.

Eduardo Vargas added an insurance goal in the 87th minute for the Tigres.

The rematch with Tigres goes April 5 at Vancouver's BC Place Stadium.

Playing in Mexico has historically been a nightmare for Major League Soccer teams, who are a combined 2-43-8 in Champions League play. That's two wins in 53 games.

Waston's misplay of a cross was Vancouver's undoing. Andre-Pierre Gignac dribbled the ball down the left side of the field and into the box and made a light right-footed cross that Waston redirected into his own net at the 66th minute.

THE CANADIAN PRESS

+ TORONTO FC

Toronto FC star striker Sebastian Giovinco is questionable for Saturday's game against the Whitecaps at BC Place Stadium. The five-foot-four, 130-pound Italian is receiving treatment for a charley horse in the right thigh. THE CANADIAN PRESS

Villanova feeling the pressure to repeat

MARCH MADNESS

Florida was last school to go back-to-back in 2006, '07

Kris Jenkins buried the three-pointer that sparked book deals, red carpet photo ops, a White House trip, a handful of award banquets and hundreds of perks that come with winning a national championship.

But the national title did come with a tinge of pressure that lingered into this season — can Villanova beat the odds and become the first back-to-back national champs in 10 years?

"It's always a reminder that everybody expects you to do it again," coach Jay Wright said. "That's part of the challenge. When people say it's hard to repeat, that's part of why it's hard to repeat, is because you have to deal with those expectations all the time, those constant reminders of last year."

The reminders of April were impossible to ignore this season. So were the warnings for the rest of the NCAA Tournament bracket that this season's Wildcats just might be better than last year's edition.

"I don't know if we're better," Big East player of the year Josh Hart said. "I just know that we're playing just as well at the end of the season."



Villanova players celebrate after **Kris Jenkins** sank the championship-winning three-pointer to defeat North Carolina last year in Houston. RONALD MARTINEZ/GETTY IMAGES

Duke, Kansas and North Carolina are championship favourites at the Las Vegas casinos. But the shot at basketball history has helped drive the Wildcats (31-3) toward becoming the first repeat champs since Florida in 2006 and 2007.

Led by coach Billy Donovan, the Gators were loaded with NBA talent and the five starters from the '06 team

bypassed the pros for a chance to repeat. Joakim Noah, Al Horford and Corey Brewer sacrificed NBA riches and helped the Gators breeze through the regular season and earn the No. 1 overall seed in the NCAA Tournament. Florida beat Ohio State

in the title game and became the first program since Duke in 1992 to repeat.

"We're not afraid of failure ... as long as we play hard for each other, we're good."

Villanova coach Jay Wright

"Anytime you win like that, and you have your whole starting team come back, the expectations change, and in a lot of ways, you get critiqued under a microscope, and sometimes, that can take the joy out of it," Donovan said. "It's like, you win, but you didn't win by enough. You lost, but you shouldn't. All those things get factored in."

The Wildcats, who won Big East season and tournament titles, are the first defending champion to earn the tournament's overall top seed since Florida in 2007. THE ASSOCIATED PRESS

BASEBALL

Jays fall short vs. Red Sox

Steve Selsky's two-run double in the bottom of the eighth inning led the Boston Red Sox to a 5-4 win over the Toronto Blue Jays in pre-season baseball action Tuesday.

Melvin Upton Jr. and Mike Ohlman both hit solo home runs for Toronto, while Darwin Barney drove in a pair of runs on a sacrifice fly and RBI single.

Danny Barnes took the loss for Toronto (5-11).

THE CANADIAN PRESS

Price likely headed for DL

Boston Red Sox left-hander David Price is likely to start the season on the disabled list because of his sore pitching elbow.

Starting the second season of a \$217-million, seven-year contract, Price has not yet appeared in an exhibition game.

THE ASSOCIATED PRESS

Japan moves closer to WBC championship round

Tetsuto Yamada hit two home runs to lead Japan to an 8-5 win over Cuba in the World Baseball Classic on Tuesday.

Two-time champion Japan improved to 2-0 in Pool E and can advance to the March 20-22 championship round in Los Angeles with a win over Israel (1-1) on Wednesday. The top two teams in the group advance.

THE ASSOCIATED PRESS

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NFL

Seahawks beef up backfield with Lacy

The Seattle Seahawks are hoping Eddie Lacy can be motivated by a one-year contract to rediscover the form that made him the 2013 Offensive Rookie of the Year.

The Seahawks and Lacy agreed to terms on a one-year deal Tuesday, providing Seattle a big body for a run game that was once the best in football but lagged last season following the retirement of Marshawn Lynch.

"I like that we're bringing in a big, tough guy that's going to send a message the way he plays the game," Seattle coach Pete Carroll said in an interview



Eddie Lacy
GETTY IMAGES

with KIRO-AM, the Seahawks flagship station, on Tuesday.

Lacy was the top offensive rookie four years ago when he rushed for 1,178 yards and 11 touchdowns. He also ran for more than 1,100 yards in 2014, but has since been slowed by injuries and lost favour with Packers coach Mike McCarthy at times.

THE ASSOCIATED PRESS

NHL

Ovechkin's drought ends in Caps' win

Alex Ovechkin ended the longest goal-scoring drought of his career as the Washington Capitals held on to beat the Minnesota Wild 4-2 Tuesday night and snap a season-worst four-game losing streak.

Ovechkin hadn't scored in 10 games or had an even-strength goal in 18 before firing a one-timer by league save percentage leader Devan Dubnyk in the second period. Ovechkin's 28th goal of the season came one second after a power play expired.

Nate Schmidt, Evgeny Kuznetsov and Jay Beagle also scored for the NHL-leading Capitals, who recaptured sole possession of first in the Metropolitan Division.

Goaltender Braden Holtby put on a show, stopping 32 of the 34 shots he faced as the Capitals won for the first time since March 4 and moved two points up on the Pittsburgh Penguins.



Alex Ovechkin
GETTY IMAGES

Minnesota lost for the fifth time in seven games despite goals from Matt Dumba and Eric Staal and 36 saves by Dubnyk.

Trailing 3-0 entering the third period, the Wild made things interesting with two goals in the first five minutes. Dumba, who took penalties in the opening moments of the first and second periods, was the beneficiary of a turnover by Ovechkin behind the net, and Staal tied Mikael Granlund for the team lead in goals with his 23rd of the season.

When Washington's three-goal lead shrunk to one, it was Beagle to the rescue. The fourth-line centre sniped a wrist shot past Dubnyk with 5:41 left, his first goal in 16 games.

THE ASSOCIATED PRESS

IN BRIEF

LeBron triple-double helps Cavs cruise past Pistons

LeBron James got his 52nd career triple-double, Kyrie Irving scored 26 points and the Cleveland Cavaliers used a blazing start to overpower the Detroit Pistons 128-96 on Tuesday.

James picked up his 10th triple-double of the season and third in the last four games at the 3:45 mark of the third quarter. In only 28 minutes, the four-time MVP finished with 16 points, 11 rebounds and 12 assists.

Cleveland had lost four of five, but James helped them cruise in this one.

THE ASSOCIATED PRESS

Oilers destroy dull Stars

Patrick Maroon had a goal and an assist as the Edmonton Oilers snapped a three-game losing skid with a 7-1 victory over the Dallas Stars on Tuesday.

Benoit Pouliot, Oscar Klefbom, Darnell Nurse, David Desharnais, Ryan Nugent-Hopkins and Connor McDavid also scored for the Oilers (36-24-9), who are now 2-2-1 through five games of a lengthy eight-game homestand.

Brett Ritchie scored in response for the Stars (27-32-10), who have lost three straight. THE CANADIAN PRESS

Foxes into last 8 and dreaming even bigger

CHAMPIONS LEAGUE

Longshot kings Leicester put two past Sevilla to progress

The fairytale rise of Leicester touched new heights on Tuesday when the English champion reached the Champions League quarter-finals for the first time with a 2-0 home win over Sevilla.

Leicester's 2-1 deficit from the first leg in southern Spain was turned into a 3-2 victory on aggregate at an atmospheric King Power Stadium thanks to Wes Morgan's close-range strike in the 27th minute and Marc Albrighton's goal in the 54th.

Sevilla — which had playmaker Samir Nasri sent off in the 74th minute on his second booking for a headbutt — would have taken the game to extra time if Steven N'Zonzi had converted a penalty in the 79th. Instead, it was saved by Kasper Schmeichel, who made amends for giving away the spot kick.

Exactly two years ago, Leicester was in last place in the Premier League after a draw with Hull. Now, as the unlikely champion of England after winning last season's Premier League at odds of 5,000-1, the previously unheralded club from central England can look forward to being involved in Friday's quarter-finals draw in the Champions



Leicester's Marc Albrighton scores his team's second goal in the second leg against Sevilla.

MICHAEL REGAN/GETTY IMAGES

League with the likes of giants Barcelona, Real Madrid, Bayern Munich and Juventus.

Sevilla was looking to qualify for the Champions League quarter-finals for the first time but couldn't match the intensity of the home side. As for Leicester, life just gets better in its first season in Europe's top club competition. This was its third straight win under new boss Craig Shakespeare since last season's title-winning coach Claudio Ranieri was fired.

No team is likely to feel comfortable in the cauldron that is the King Power Stadium on nights like these. "Let slip the

dogs of war," urged a message on a giant banner behind one of the goals before the match. It was a line from 'Julius Caesar,' a play by William Shakespeare — the English playwright who has the same surname as Leicester's new manager.

Shakespeare recently took over from Claudio Ranieri, the coach who orchestrated Leicester's sensational Premier League title triumph but was fired because the team had found itself fighting a relegation battle in its championship defence.

Shakespeare has three wins from three matches in charge, and has got the team playing

IN TURIN

Paulo Dybala's penalty earned a 1-0 win (3-0 on agg.) for Juventus over 10-man Porto in Tuesday's other Champions League quarter-final.

Dybala converted from the spot in the 42nd after Maxi Pereira was sent off for handling on the goal line.

back at last season's levels. "We tried to make it as uncomfortable as we could for Sevilla," said Shakespeare. THE ASSOCIATED PRESS

IN BRIEF

Spurs' Kane injures ankle

Tottenham says striker Harry Kane damaged ligaments in his right ankle during the team's FA Cup quarter-final match against Millwall.

The Premier League club

says the injury is similar to the one sustained by Kane in September, which ruled him out for seven weeks. Spurs say "however it is not considered to be as severe."

THE ASSOCIATED PRESS

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5	3	6	9	1	4	2	7	8
1	9	8	2	7	5	3	4	6
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PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



If you keep frozen shrimp in the freezer, you're one step closer to a fibre- and protein-rich dinner salad

Ready in 1 hour

Prep time: 30 minutes
Serves 4

Ingredients

- 1 Tbsp vegetable oil
- 1 Tbsp lime juice
- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 cloves of garlic minced
- couple of grinds of black pepper
- 1 pound large shrimp
- 4 or 5 wooden skewers
- 2 or 3 cobs of corn
- 1 x 19 ounce can black beans
- 1 red pepper, diced
- 1/2 cup chopped cilantro
- 1 avocado, diced
- 4 Tbsp vegetable oil
- 3 Tbsp lime juice
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 tsp pepper
- 1 head Boston lettuce,

washed, spun and chopped

Directions

1. Mix vegetable oil, lime juice, soy sauce, sesame oil, garlic and pepper in a bowl. Add shrimp, cover, and place in the fridge for about an hour. Soak skewers.

2. Oil grill and turn on high. Place corn on top and cook 15 to 20 minutes, turning every 5 minutes. Remove and allow to cool before slicing off the kernels. Mix corn, beans, chopped peppers and coriander in a bowl. Fold in avocado. Whisk oil, lime juice, salt, cumin and pepper. Dress the bean mixture.

3. Take shrimp out of fridge and put about three on each skewer. Barbecue for about six minutes. Allow to cool slightly before sliding them off the skewers.

4. On a serving plate, arrange the chopped lettuce and pile the beans and grilled shrimp on top.

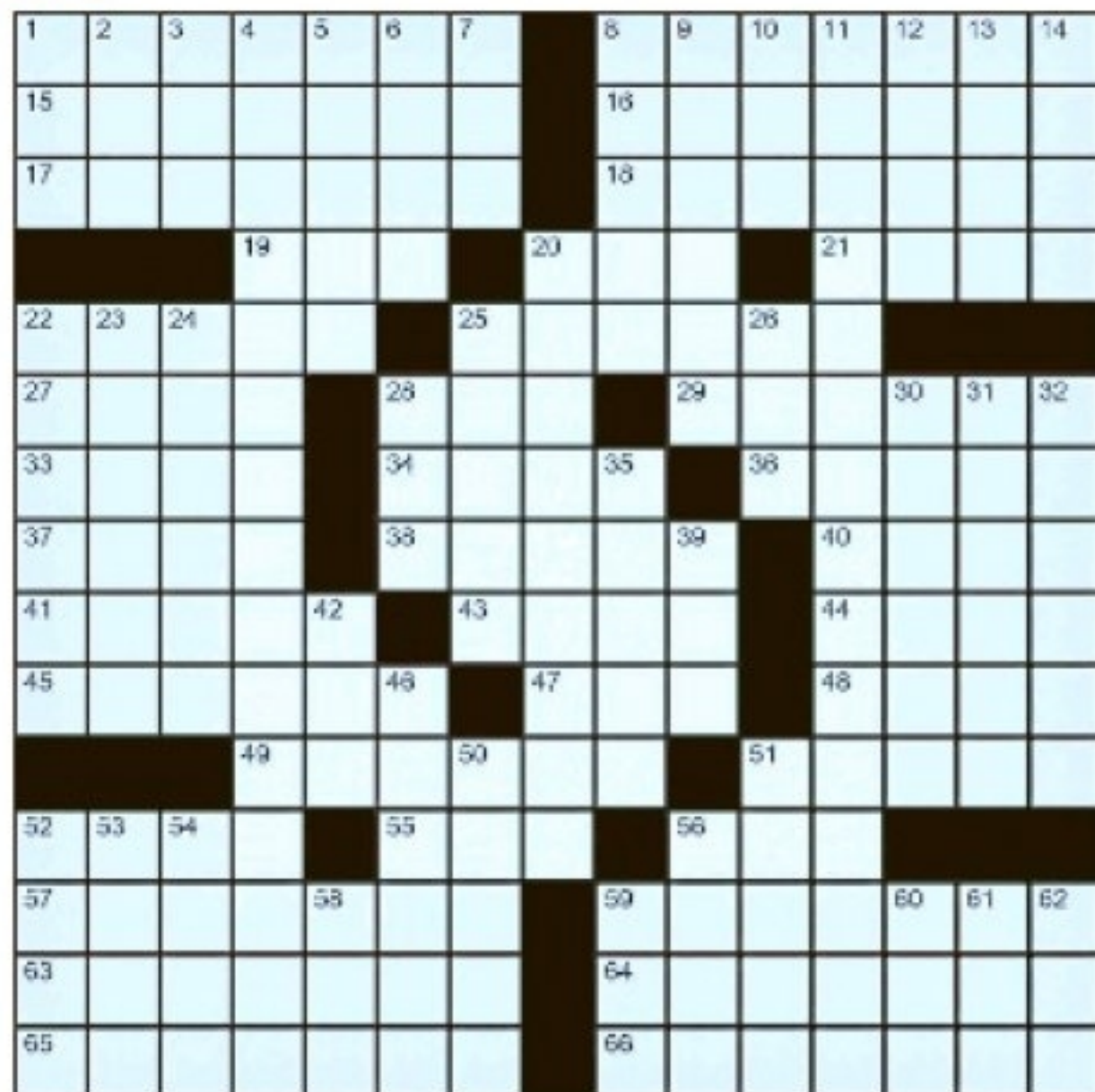
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17. Nicely-illuminated
18. Vocalist's spans
19. Old music high note
20. "Face/Off" (1997) director John
21. One of a breath mint brand
22. Be noncommittal
25. Van Morrison song
27. Gym activity [abbr.]
28. Singers Scary or Sporty
29. Like "light" food
33. Coca-_
34. On's opposites
36. Clay-upon-clay creation
37. Gentleman's gesture, _ of the hat
38. Badger
40. " _ go Bragh!"
41. Actress, _ Campbell-Martin
43. Ostrich-like bird
44. AD = _ Domini
45. Canyon communicator
47. Former
48. Red _ Alberta
49. Who? What? Where? When? Why?: 2 wds.
51. _ River, Nunavut
52. Not kosher
55. '80s scandal-ridden televangelism org.
56. "100 Years..."



movie org.
57. Natural home in the environment
59. "Star Trek: Voyager" actress Kate
63. TV personality/actress Carmen
64. Stopped, as production: 3 wds.
65. Variant-spelled

namesakes of baseball great Mr. Jeter
66. Blue box items

DOWN

1. Hound's "hand"
2. Corrida cheer
3. T-shirt size choices

4. 1900-built heritage site in Whitehorse that was a communications hub: 2 wds.
5. Thousand: French
6. Sarah McLachlan tune
7. Natalie Cole's father
8. Sweeper

9. Move away in shock
10. Play part
11. Uniquely-named beacon in PEI overlooking the Northumberland Strait: 3 wds.
12. Bee's abode
13. Best _ (Greatest)
14. Breather

20. It's a call in the wild: 2 wds.
22. _ Strait (It separates Haida Gwaii and mainland BC)
23. Demi Moore's dancing style in "Striptease" (1996)
24. "Yum-yum!"
25. Hold over
26. Headshakes
28. Gang
30. Art of "The Honey-mooners"
31. Fashioned as some skirts
32. Edgar Allan Poe poem
35. Covers the falcon's eyes
39. Small amount
42. First three vowels
46. Campground for certain campers, curtly: 2 wds.
50. Singing legend Ms. James'
51. Piano's B key alternatively: letter + wd.
52. "Kathy Griffin: My Life on _ -List"
53. Rattling breathing sound
54. Celebrity hairstylist Jose
56. Car
58. Transport for T.O. commuters
59. Literary fairy queen
60. Early-'60s singer Mr. Donner
61. "Client" suffix (Patronage)
62. Scale amts.

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid squabbles about money and shared property today, because they quite likely will be nonproductive. Who wants to get involved with this? Not you.

Taurus April 21 - May 21
For most of this day, the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. This simply requires a little patience and co-operation.

Gemini May 22 - June 21
Do what you can to clean up your act and get better organized today. However, don't be too pushy about it, or you might get into an argument with someone at work.

Cancer June 22 - July 23
Romantic partners will have to be patient with each other today. Likewise, parents will have to be patient with their kids, because there will be moments of tension. Oh dear.

Leo July 24 - Aug. 23
You might want to hide or co-coon at home today. This is just fine. Nevertheless, avoid squabbles with a female family member. Keep a low profile.

Virgo Aug. 24 - Sept. 23
You are highly charged with energy today, especially when dealing with siblings and daily contacts. Remember to listen to others. Take it easy.

Libra Sept. 24 - Oct. 23
You have strong feelings about your money, your cash flow and your possessions today, which is why you might get into an argument with someone.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which brings you a little bit of extra good luck. However, this can create arguments with partners and close friends. Stay chill.

Sagittarius Nov. 23 - Dec. 21
You feel restless today. And because you feel restless, you might be mildly short-tempered with someone. Maintain your cool today. (You'll be glad you did.)

Capricorn Dec. 22 - Jan. 20
A conversation with a female acquaintance or friend will be significant today. What you want to do is avoid an argument, because that's no fun. Be cool.

Aquarius Jan. 21 - Feb. 19
Disagreements with bosses and parents might break out at some point today. Don't say anything you will later regret. Be smart.

Pisces Feb. 20 - March 20
This is an argumentative day for many people, because the Moon is opposite Mars. Don't get sucked in by this. Be your cool, sweet and charming self.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



QUOTE OF THE DAY

"IF YOU HAVE BIG IDEAS
you have to use big words to express them."

- Anne Shirley

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